

RASH ON BABY CAUSED PAIN

Itched Very Much. He Was Always Scratching. Cuticura Healed Him.

"My baby was suffering with scaling and crusting of the skin and scalp which caused a good deal of pain. The breaking out was in a red rash on his face which was sore and itched very much, as the child was always scratching till it would bleed. I thought I would try Cuticura Soap and Ointment and I used about one box of Cuticura Ointment and two cakes of Soap when he was healed." (Signed) Mrs. Hartshorne, 940 Old Orchard Ave., Notre Dame de Grace, Montreal, Que., Dec. 16, 1916.

Cuticura Soap and Ointment prevent pimples or housewife Eczema by Mail address post-card: "Cuticura Dept. A, Boston, U. S. A." Sold everywhere.

FOR HOUSEWIVES.

How to Keep Fruit Juices Without Sugar.

Fruit juices can be kept without sugar for use later on in jelly making. This enables a greater variety of jellies to be made. As juice is made in the morning, it can be put up when the fruit is ripe or fruit ripening at different seasons can be combined. Juice of strawberries, cherries or pineapple can be kept without sugar and later when apples are plentiful made into combination jelly.

It is really surprising how much fruit is allowed to rot in the ordinary garden. Until one has made an effort to save all the fruit grown, including the windfall apples, no idea can be had of the large amount of waste. Learning that there are probably only one-third or one-quarter of the necessary fruit in the house, it is not surprising that the housewife who has more fruit, vegetables, berries and jams than she can use, the family will be better off. It may be said that the family will be better off if the fruit is used in the morning. It is not necessary to supply less than the amount needed for the day. The remedy for this condition is to build up the blood, and for this purpose there is no medicine can equal Dr. Williams' Pink Pills. They build up and renew the blood, bring brightness to the eyes, color to the cheeks, and a general feeling of renewed health and energy. The only other treatment needed is plenty of sunlight, moderate exercise and good plain food. The girl or woman who uses this treatment a fair trial will soon find herself enjoying perfect health.

You can get Dr. Williams' Pink Pills from any dealer in medicine, or by mail post paid at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville, Ont.

GERMANY'S CREDIT.

An Estimate of the Economic Conditions of the Empire.

The war has begun to go against Germany, says President Wilson, and the average man immediately looks at the war map and compares it with the war map of two or three months ago and sees that this is the first time since the war began that he would see that the war is going against Germany even more pronouncedly than it has been in America. Cabled reports from Bern on Saturday week stated that the exchange rate for German reichsmarks had fallen to 71 Swiss francs per 100 marks as against a normal parity of 124.2 Swiss francs for 100 marks. That is, the German franc is worth only about 60 per cent of its former value. Arbitrated under the system of international exchange, the world market for the mark would be at the rate of 56.4 cents for four marks, the unit of quotation which prevailed before we entered the war. This represents a discount of 40.3 per cent, the lowest, so far, as we in America know, that German exchange has gone.

The greatest discount on German exchange prior to our entrance into the war was 30.1-2 per cent, reached on February 9th last, and on March 30th, the last day of the war, the rate stood at 70, which showed a discount of approximately 26.1-2 per cent. Thus the German exchange, which is the measure of her credit, has fallen 14.1-4 per cent, since the United States became arrayed against her.

In the matter of her exchanges with Switzerland, the case is even worse than it appears to be. Germany has free and unrestricted facilities for trading with Switzerland. No barbarous British blockade can interfere with these relations. She can export anything she wants to the country, and she can import what she needs or can get. The fact that her exchanges

are so poor indicates that she has been importing from Switzerland on a vast scale. But she is paying for these imports at a ruinous rate. The argument that she must hold on to her gold to protect her circulating paper currency will not explain away the situation, for Switzerland has more gold than she knows what to do with, and would gladly accept goods in payment for goods, as she is doing with her two entente neighbors—France and Italy.

The plain, evident truth is that Germany can neither pay in gold nor in goods, but must pay in credit, which is worth less than 60 cents on the dollar. How long this case of hers nobody knows, and it would be best to predict a speedy collapse. In view of the lessons taught by the war, because of what the financial markets show, it is quite apparent that Germany is desperately hard up, much more so than either England or France, her chief European rivals, and it is also apparent that she has no "vast accumulation of goods with which to deluge the world when peace returns." This seems to be pretty much of a myth, else she would use some of her goods in correcting her exchanges with Switzerland.

Germany is having an unhappy time of it in a military way. We hope and believe she will have a worse time before the war ends. But when the war does end, she will have an even greater problem to solve, and one the solving of which will require more than wartime financial legislation—Brooklyn "Eagle."

Gratitude!

An unusual form of testamentary gratitude is recorded in the diary of Henry Grenville. "A man named much of his time in fishing for fish. He was so successful that he had derived much enrichment as well as pleasure from the fish he had caught at Chertsey in only fair to the descendants of those fish he had caught. He therefore desired that they be cast into the Thames at Chertsey."—London Times.

WHEN YOUR COLOR FADES

When a girl—or a woman—finds her color fading, when her cheeks and lips grow pale, and she gets short of breath easily and her heart palpitates after slight exertion, or under the least excitement, it means that she is suffering from anemia—thin, watery blood. Headache and backache frequently accompany this condition and nervousness is often present. The remedy for this condition is to build up the blood, and for this purpose there is no medicine can equal Dr. Williams' Pink Pills. They build up and renew the blood, bring brightness to the eyes, color to the cheeks, and a general feeling of renewed health and energy. The only other treatment needed is plenty of sunlight, moderate exercise and good plain food. The girl or woman who uses this treatment a fair trial will soon find herself enjoying perfect health.

Poison Gas of Beetles.

Most people think that the use of poison gas in warfare is a purely human idea. Yet the plan has been adopted by nature. Certain kinds of beetles known as bombardiers, and called by scientists branchinids, make use of poisonous fumes to keep their enemies at bay. A typical species known as branchinid creptans is largely attacked by certain ground beetles. These ground beetles are very active, and can easily overtake the bombardiers. Just as they get within reach, however, a strange thing happens.

The bombardier has the power of ejecting a peculiar liquid which when it comes into contact with the atmosphere, bursts into a sort of a pale blue-green flame. This is immediately followed by a kind of smoke. Now this smoke has a remarkable effect upon the pursuer. No sooner do the flames come into contact with the ground beetle than the creature is blinded and stupefied. A strange paralysis overtakes the insect, and it seems unable to move any farther. Quite a while elapses before the ground beetle recovers. In the meantime the bombardier makes good his escape.—The American Boy.

Minard's Liniment Relieves Neuralgia

REVERSION TO TYPE.

Habits of Animals Which Date Back to Days of Their Ancestors.

Just as men have developed from their savage state into pleasant civilized beings, so naturally dogs and cats and horses and hogs and other domestic animals are very different from the wild things that were caught in the forest and trained to usefulness, but there are some habits inherited from their far-away ancestors which they still retain, and by which they are distinguished one from the other. We never question, for instance, why a horse runs so swiftly and has such power of endurance, but we must remember that his ancestors had to flee and defend themselves from the wolves—their greatest enemies—and that their rearing and plunging was also a former means of defense if the enemy sprang on their backs. Their neigh was a watchword and call when wild horses went in droves, and some sort of signal was necessary to keep them from straying.

Sheep, when frightened, always run to an elevation, because their ancestors originally came from the mountains. They always follow a leader, because in the dangerous mountain passes their ancestors had to go in single file. Hogs grunt because their feeding grounds were thick woods, where they could not see one another and a sound was necessary to keep them together. Dogs have a way of turning round several times before they lie down. This looks very foolish now, but when they were wild things, certainly so, they slept in the tall grass and turned

Ripe Cherries

and

Lantic Sugar

"Pure and Unadulterated" make delicious and economical preserves

In 10, 20 and 100-lb. sacks, 2 and 5-pound cartons.

Preserving Labels Free. Send half trade-mark for book of 54 printed general labels to Atlantic Sugar Refineries Limited, P.O. Box 214, Montreal 145.

MAKE TOURISTS MARVEL.

The Sharp Contrast Between Australia and New Zealand.

One of the first surprises awaiting the tourists from the northern hemisphere is to find that Australia and New Zealand may not be grouped as two islands of like appearance, differing mainly in size, near neighbors which may be treated as a unit. New Zealand is nearly twice as far from Australia as Bermuda is from New York and not only east, but also south.

Four days' travel across a chilly sea is required for the traverse from Wellington to Sydney, and after exchanging the chill midsummer climate of the New Zealand lake region for the heat of Adelaide one readily accepts the evidence of the fact that the southern coast of the Australian mainland has the latitude of central New Jersey, while the southernmost of the Dominion of New Zealand occupies the position of southern Newfoundland.

PURL

Indian City of Juggernauts' Temple and Chariot.

To say of any place in India that it is the largest and most curious city in the empire is to make a bold statement, for India is a museum of curious places, each one stranger than the last. Yet it is probably true that Puri is the strangest village, only a few hours from Calcutta, you come closer to the mysterious India than where else, in a physical sense at least.

Puri is the world-famous temple of Juggernaut, whose death-dealing chariot has become a stock figure for the modern legend. The car of Juggernaut is perhaps not quite so up to date as the temple, but there are strange things enough in Puri to make up for that. The temple of Juggernaut housed the deity carved in the shape of a bull. The story goes that a certain king was instructed from above to build the temple. He came as would come from the East, and the god was ready to carve the log into the shape of a bull. The sculptor arrived and set to work. He was so zealous of heavenly approval that he finished the bull in the way of a horse. The people were warned that no man must touch the temple, with a king who built it, and the god disappeared in a rage. The half-carved log is perhaps the most sacred relic of India to-day.

Odd and Interesting Facts.

Switzerland in June and July had the heaviest most continuous rains known for fifty years.

Sacramento, Cal., business men have formed a Barefoot League for health and amusement objects.

By a new French process aluminum can be so substantially nickel-plated that the food can be hammered and bent without cracking.

Iron safes and cash boxes are in demand nowadays among native merchants of Indo-China, and Chinese doing business in the faraway region of Asia.

Successful experiments with cotton growing have been carried on in the canal zone by a North Carolina man.

The United States has more telegraph offices and more line mileage than any other nation. Germany is second in rank.

30 cents per lb. for beef is not high when compared to 50 cents per lb. live weight paid for the champion of the Toronto Fat Stock Show. Start feeding that steer now and get some of the big money at the

EIGHTH ANNUAL TORONTO FAT STOCK SHOW

Union Stock Yards Toronto

Dec. 7th and 8th, 1917

Secretary Will Mail Prize List on Request

BATHS A MONTH LONG.

Natives of Japan Take Them Hot and Sleep in the Water.

The number of baths taken daily by the Japanese at the hot springs and the length of time they remain in the water run counter to all western medical opinion regarding the utility of hot baths. A smile of incredulity was raised some years ago when Professor Chamberlain told us of a tiny spa where the bathers stayed in the water for a month or more, with stones on their laps to prevent them from floating in their sleep. Yet it is the alpine, in fact, has literally lived for years, his knees and neck supported by a beam, from early morn till midday.

The high temperature at which the baths are taken has excited the wonderment of the West. At Kusatsu, for instance, of the chief bath in 125 degrees Celsius, but such a temperature necessarily involves special precautions before entering the bath, with a limit of immersion from three to four minutes.

IT IS UP TO CANADIANS

In order to facilitate train movements and release passenger train crews for other work, the railways of the United States are making drastic reductions compared to which those in Canada early this year appear mild. Thus, for instance, the Pennsylvania Railroad merely on its line east of Pittsburgh, has eliminated no less than 102 trains, or more than double the number taken of the whole of the Canadian railways. This will cut down the passenger movement by an amount equivalent to 2,288,000 train miles every week over 6,500 train miles per annum or day. A number of parlor cars, restaurant cars and observation cars are being discontinued. The Boston & Maine has taken off no less than 255 trains or more than five times the number taken off in Canada, saving approximately 41,000 train miles per week. Strenuous efforts are also being made to increase the carload and to impress on merchants the importance of rapid unloading so that the freight equipment shall be kept busy to its utmost capacity, and terminals should be kept clear. The American railroads realize that speed in freight movement is one of the greatest advantages they can give to help win the war and according to all reports are achieving remarkable results. It is up to Canadians to see that Canada is not left behind in this patriotic race.

Widowed Birds.

The married life of most birds could be taken for a model by members of the human family. For instance, the staid, dignified and homely baldheaded eagle never mates but once and lives with his one mate until he or she dies. If left a widower—even a young widower—the baldheaded eagle never mates again. He remains alone and disconsolate in the nest of the rocky crag or in the branches of the tall pine that formed his domicile while his mate was alive. No other female eagle can tempt him to forsake the widow's life. With him once a widower, he always remains a widower. The golden woodpecker lives in a happy married state, mating but once, and if the male dies his mate's grief is lasting, and she remains a widowed bird the rest of her life.

Neck of Mutton.

Don't despise it. It makes fine broth. Judiciously cooked it is good eating. Cooked by itself it may not be tempting, but a little elaboration and the whole thing is transformed. Try cooking it slowly in a little water till nearly done. When nearly done cover with the following mixture:

Two cups breadcrumbs, two table-spoons fine-chopped sweet herbs and the yolk of an egg. With this mixture over the mutton, neatly brown the whole in the oven.

Blessed are they that are without friction, that makes the course of life smooth and the intercourse of men gentle.—Henry Ward Beecher.

The Echo.

Midst mountains wild I met a shepherd Who blew upon a long, long English horn. And sweet his melody did flow. The horn, So sweet the resounding, was but the instrument That mist the hills the charming echo wakened. And every time the shepherd waited, Until the echo died, that long persisted. And new from height to height; its sounds were sweet, its music, its melody, Beyond compare, and inexpressible. It seemed to me, a choir invisible. On instruments ethereal, were expressing The earthly tongue in heaven's wondrous language.

And thought I then—"O genius! Like this horn, Thou must sing the earthly song to waken In hearts another song. Blessed he who hears! And midst the mountains heard I in reply—"Nature is but a symbol, like his horn. She sings but for the echo which is God. Blessed be he who hears the song, and hears the echo!" —Vlachoslav Ivanov in Russian Review.

How to Carry Water. If you want to carry a full pail of water a distance without spilling or to carry water from one room to another in a flat dish or tray you should always have something floating on it. If it is drinking water a clean tin can, with a flat piece of wood in the bottom, will do. It is the little waves that arise from the water's lapping against the sides and then rushing to the other side that makes the water spill over. The floater stops this.—New York Sun.

Next to its unique flavor, the great economy of Salada Tea has been the reason for its enormous sale.

ISSUE NO. 30, 1917

WANTED - PROBATIONERS TO Hospital, St. Catharines, Ont.

WANTED - A GENERAL SERVANT for only two or three families. St. Mathew's Ave., Hamilton, Ont.

HONEY ORDERS.

A DOMINION EXPRESS MONEY ORDER for five dollars, costs three cents.

DODD'S KIDNEY PILLS

THE GREAT REMEDY FOR ALL KIDNEY AFFECTIONS

23 THE PR

What It Would Be.

A teacher was endeavoring to explain the term "facsimile" to his class. "Now," he remarked to one sharp youth, "what is your father's trade or profession?" "He's a lithographer," was the reply. "Very well. Supposing a man came to your father with a document which he wanted reproducing in every particular, your father agreed and the document was faithfully copied, what would it be?" "Well," replied the boy thoughtfully, "it depends." "On what?" asked the teacher. "On the document." "Well, if it was a ten dollar bill, for instance, the other would be a counterfeit. If the document was a check the copy would be a forgery." "You don't understand what I mean." "Oh, yes, I'm quite sure I do," went on the boy. "It's just coming to it now. In either case it would be about ten years."

Other People's Money.

In handling other people's money the principal must be kept intact. If, as a trustee, those to whom you are responsible insist upon an income which you in your heart know cannot be obtained without taking some slight chance, give up the trust without hesitation, says World's Work. There is no more bitter experience through which an honest trustee can pass than the rendering of an accounting for a lost or assumed trust. No reason or excuse can weigh for an instant against the actual work of funds like this may doom all future generations of that family to lives of poverty. This is the greatest responsibility ever laid upon a trustee, and no honest man should undertake it unless he is prepared to endure for the sake of the future all the criticism that may centre upon him on account of extreme conservatism in the present.

What Tipping Means.

Fourteen thousand six hundred per cent is a pretty high rate of rent! But it's just what you pay when you hand the cloakroom pirate a jitney for your get-up. Well, it's just like this: When you pay 10 cents for the loan of a dollar for a year you pay 10 per cent. But if you pay 10 cents for the loan of a dollar for a day you pay 365 times as high a rate, or 3.65 per cent. It's just the same way with your \$3 an hour you are paying the rate of 433 per cent a year, counting only twelve business hours a day. And this is at the cloakroom girl to-day and get her "comeback." But don't blame us if she's a bit snippy.—Worcester Post.

As the Years Go By.

The letterhead of a certain lawyer bears a legend that savors of sound philosophy. It runs, "I am anxious for business, but have passed the experimental age and am no longer demanding cash for my services."—Case and Comment.

The Waste of War

is terrible, but the waste of food in times of peace is colossal. Rich and poor alike eat tons of food that has little food value—and this useless food breaks down the so-called eliminating organs and depletes the physical and mental powers. Shredded Wheat Biscuit is all food, prepared by a process which makes every particle thoroughly digested. It is 100 per cent. whole wheat. Two or three of these Biscuits with milk, make a nourishing meal, supplying the greatest amount of energy at lowest cost. Delicious with sliced bananas, berries or other fruits.

Made in Canada.

RUSSIAN D UPH

Strong Backing Minister - A monstration T

Petrograd Cable - A resolution of armed soldiers and workmen and... (text continues)

London Cable - League of Nations... (text continues)

Washington Report - British motor detachments... (text continues)

BRITISH TANKS AIDING RUSSIA

Washington Report - British motor detachments... (text continues)

HEAVY GERMAN BROW

Picked Troops M... the Atta... British Guns Bus... Many

London Cable - Apparent... (text continues)

Paris Cable - The official... (text continues)